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THE LEMON GROVE

## REVIEW



## Battle of the BULGE

*Do fat-burners work? Are they safe?*

by Alan R. Tuthill  
and Doug Anderson

Advertising for so-called "natural" products for weight loss and general health seems to be on the rise. Major pharmaceutical companies, long opposed to herbal remedies and food supplements, are now buying up these companies.

The fallout has been a plethora of goods and claims for weight-loss products. While many of these products are valuable in the battle of the bulge, it remains a natural fact that if you consume more calories than you burn, you will gain weight.

Conversely, if you burn more calories than you consume, you will lose weight. There really is no magic to losing and maintaining your optimal weight.

"When it comes to weight loss, one supplement does not fit all," said Lidia Theodossi of Great Earth Vitamins. "A person's individual body type, metabolism, eating habits and lifestyle all have to be factored in."

The following are some of the more common natural weight loss aids on the market in East County today. These may assist people in their quest for optimum weight, but the basic formula remains the same; consume more than you burn and you will gain weight.

### Chromium Picolinate

For every study that shows chromium picolinate (CP) stimulates fat loss and muscle gain, there is another that finds it has no effect on body composition whatsoever.

**How it works:** CP increases insulin sensitivity, thus allowing for more efficient delivery of nutrients into the cells for metabolism.

**Dosage:** Doses range from 200 to 800 micrograms (mcg) per day.

**Safety:** There is no evidence that this mineral or its transporter, picolinic acid, is harmful to humans in the appropriate dose.

**The last word:** It appears that CP will work to a certain degree in some people. The claims of marketers that men will look



Lidia Theodossi, a food supplement retailer for 18 years, says individual health concerns make a lot of difference in how effective weight-loss products will be. Photo by Dan Clark

like Mr. Universe and women like Miss America by using this product are a little far-fetched.

### Pyruvate

Pyruvic acid (PA) is a by-product of glucose (sugar) metabolism. PA is unstable, but when combined with potassium, magnesium or calcium, a stable salt is formed, pyruvate. Pyruvate has recently been touted as a natural weight loss aid. It has even been described as the natural Fen-Phen.

**How it works:** Pyruvate increases fat metabolism in humans and has been shown to increase the metabolic rate in animals.

**Dosage:** Six to ten grams per day in divided doses

with meals.

**Safety:** Because pyruvate is a normal component of human metabolism, it is safe. Stomach growling (borborygmus) and diarrhea has been reported in people who take high doses.

**The last word:** This product is relatively new on the market and is sold, not only as a weight loss aid, but as an energy builder for athletes to enhance their endurance.

### Ephedra

Ephedra, or Ma Huang, is an herb that has been used in China for 5,000 years. It has been used in the West to make ephedrine, an over-

Continued on Page 3

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## Lemon Grove Fire Log

### Aug. 8, 1998

7500 blk. Broadway Ave. Chest pains.  
6800 blk. Federal Blvd. Vehicle accident.

### Aug. 9, 1998

Massachusetts Ave./Madera St. Slumped over the wheel.  
7900 blk. Palm St. Ringing alarms commercial.  
3600 blk. Grove St. Seizure.

### Aug. 10, 1998

3600 blk. Grove St. Reaction to medication.  
1500 blk. Skyline Dr. Single-engine response.  
8200 blk. Lemon Grove Way. Extinguished fire.  
7500 blk. Broadway Ave. Fall.  
2200 blk. Massachusetts Ave. Possible stroke.  
2800 blk. Cypress Ave. Fall.  
Kempf St./Golden Ave. Dumpster Fire.  
1700 blk. San Altos Pl. Assault victim.  
1700 blk. San Altos Pl. Evaluate for the Sheriff's Dept.  
8100 blk. Alton Dr. Gunshot/shooting victim.

## PUBLIC NOTICES

Notice of Trustee's Sale No. 7587843  
T.S. No. 96-65142CA FHA/VA No. 2021283  
You are in default under a Deed of Trust dated June 21, 1988. Unless you take action to protect your property, it may be sold at a public sale. If you need an explanation of the nature of the proceeding against you, you should contact a lawyer. On September 8, 1998, at 10:00 A.M., Specialized, Inc., as duly appointed trustee under and pursuant to Deed of Trust recorded 6-22-88, as Inst. No. 88 300000, Page 2357-2360, of official records in the office of the county recorder of San Diego County, State of California, executed by Lloyd Holona and Mary L. Holona Husband and Wife as Trustors, will sell at public auction to highest bidder for cash (payable at time of sale in lawful money of the United States) at the front steps of the County Courthouse 220 West Broadway, San Diego, CA all right, title and interest conveyed to and now held by under said deed of trust in the property situated in said county and state described as A.P.N. 576-562-12-00. The street address and other common designation, if any, of the real property described above is purported to be: 1427 E. Prado Avenue, Lemon Grove, California, 92045. The undersigned trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s), secured by said deed of trust with interest thereon, as provided in said note(s), advances, if any, under the terms of said Deed of Trust, fees, charges and expenses of the trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of initial publication of the notice of sale is \$117,056.35. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a Written Declaration of Default and Demand For Sale, and a written notice of default and election to sell. The undersigned caused said notice of Default and Election To Sell to be recorded in the county where the real property is located. This is an attempt to collect a debt, and any information obtained will be used for that purpose. Date: 17 AUG 98 Specialized, Inc. Trustee 4180 Via Real #8 Carpentaria, CA 92013 (805) 684-1424 By: L. Weber, Trustee Sale Officer P111202 8/18 8/25 9/1/98

NOTICE OF TRUSTEE'S SALE  
TS NO. CRO0922C Duncan C. Delhey, as duly appointed Trustee under the following described Deed of Trust will sell at public auction to the highest bidder for cash and/or the Cashiers or Certified checks specified in Civil Code Section 2924h (payable at time of sale in lawful money of the United States) all right, title and interest conveyed to and now held by him under said Deed of Trust in the property hereinafter described: Trustor: David W. Crowell and Selena L. Crowell Beneficiary: Medallion Mortgage Company, a California Corporation Recorded January 31, 1994 as Instrument No. 1994-0071659 of Official Records in the office of the Recorder of San Diego County, California, more particularly described in the aforementioned Deed of Trust and commonly known as: A/K/A: 7429 Ida Street Lemon Grove, CA 91945 A.P.N. 480-310-16. YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED January 26, 1994. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. If a street address or common designation of property is shown above, no warranty is given as to its completeness or correctness. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand For Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. Said sale will be made, but without covenant or warranty, express or implied, regarding title, possession,

or encumbrances, to pay the unpaid balance of the note(s) secured by said Deed of Trust, with interest as provided in said Note, advances, if any, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. Said sale will be held on September 11, 1998, at 12:00 Noon at the Entrance to the City Hall East, 300 Coast Highway, Oceanside, CA. At the time of the initial publication of this notice, the total amount of the unpaid balance of the obligation secured by the above described Deed of Trust and estimated costs, expenses, and advances is \$129,664.68. Date: August 7, 1998 Duncan C. Delhey, as said Trustee, 600 North Broadway - Suite 400, Milwaukee, Wisconsin 53202-5099 (414)224-1236 or (414)224-1235 C281028 8/18, 8/25, 9/1/98

NOTICE OF TRUSTEE'S SALE  
Trustee Sale No. 09071226DM Loan No. 09071226DM Title Order No. 2820447-125 APN 479-160-42. YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED OCTOBER 30, 1987. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On September 15, 1998 at 10:00am, N.A. Mortgage Services, Inc. as the duly appointed Trustee under and pursuant to Deed of Trust Recorded on November 5, 1987, Instrument 87-624440 of official records in the Office of the Recorder of San Diego County, California, executed by: Jerry A. Ross and Vicki Ross, husband and wife as joint tenants, as Trustors, Independent Financial Associates, as Beneficiary. Will sell at public auction to the highest bidder for cash (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). At the south entrance to the County Courthouse, 220 West Broadway, San Diego, CA, all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California describing the land therein. As more fully described in the Deed of Trust. The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 7380 Central Avenue, Lemon Grove, CA 92045. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: \$67,671.69 (Estimated) Accrued interest and additional advances, if any, will increase this figure prior to sale. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recording. Date: 8/19/98 N.A. Mortgage Services, Inc., c/o California Reconveyance Company 9451 Corbin Avenue - NO10201 Northridge, CA 91324 (916) 387-7728 Deborah Brignac, Vice President Pub: 08/25/98, 09/01/98, 09/08/98 CNS1634192

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Sports Editor: Mary Rosen  
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Greg Eichelberger, Michael Krawczak,  
Joe Naiman, Paul Treske,  
Betty Jo Tucker

### Submissions

Letters, editorial and photo submissions are welcome, but will not be returned to sender unless accompanied by self-addressed, stamped envelope.

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All materials must be received by the Monday preceding the date of publication. The editor reserves the right to edit all submissions.

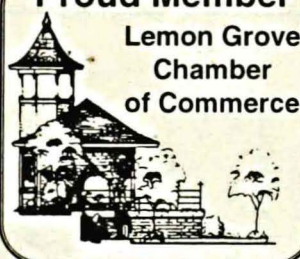
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## Lemon Grove Almanac

1994 Population: 25,100  
Incorporated: 1977  
Area: 3.75 sq. mi.  
Median income: \$34,399  
1996-97 city budget: 26.3 million  
1996 taxable sales: \$265 million

Mayor: Mary Teresa Sessom  
Council: Thomas Clabby  
Craig Lake  
Dwight Shelley  
Jill Greer  
City Manager: Doug Yoent  
Planning Director: Linda Niles  
City Attorney: Gloria McLean  
City Clerk: Christine Taub  
Sheriff's Capt.: Yolanda Collins

Congressional district:  
52nd - Duncan Hunter  
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40th - Steve Peace  
State Assembly district:  
77th - Steve Baldwin

Supervisory district:  
2nd - Dianne Jacob

Libraries: 1  
Post offices: 1  
Parks: 4  
Recreation centers: 1

## Commentary Murder by innocents

by Paul Treske

As news stories proliferate of brutal killings perpetrated by younger and younger children, I find myself trying to answer the basic age old question: Is this a current development or has this always been going on? Is it more so of today's children, desensitized and brutalized by television, etc., or has it always been the case and history is merely a poor recorder of localized events?

I don't know for certain, but I suspect that the latter is the truth. This is not for a moment an effort to minimize the horrific effect on some of our youngsters of the bloody brutality in today's TV, movies and video games. Blood, gore, violence and sadism exude from every pore of our so-called entertainment media, and this cannot help but negatively effect those with an already developed predilection for violence.

But that predilection does not begin with the media. It begins in the gene pool or in the home or the neighborhood. And these developmental factors have always been there, producing those among us who find conscience no impediment to hurting other individuals in one way or another. We are shocked to read of boys of seven or eight suspected of murdering another child in thoughtless cold blood, but I suspect that previous centuries saw frequent similar crimes that vanished from history due either to cover-up or swift and unpunished justice. Remember, in our much beloved and romanticized "Old West," men were quickly and anonymously hung for merely stealing a horse. There was, at best, a minimal trial, and then quick execution, leaving no real historic record of crime and punishment. Certainly, children must also have been part of that casual approach to life and death.

Today, of course, we not only focus on such incidents, we literally wallow in them. The first five minutes of any local evening newscast is replete with crime stories. Not only local ones, but those gleaned from far off places, give the impression of a society engulfed in crime. Police statistics keep telling us that the incidence of crime is receding, but we would never know this from the TV news.

Children are children and many are angry bundles of impulse with none of the sense of perspective that comes with age and experience. It is all too easy for some to lash out and think about it later. Or to act from fantasy without the ability to distinguish it from reality.

This has always been true of childhood, and while it is also true that the strength of the American family and its discipline is on the wane, the non-child-focused family of one hundred years ago was infinitely harder and more restrictive on children, creating a different set of problems. The end result, in either case, was and is often violence.

Our romanticized version of childhood sometimes makes it difficult for us to see how violence-prone many of them are. Thus, we are stunned to hear of youthful rampages. But the human animal is, at base, an animal after all with all of its dark impulses and fears. Therefore, an occasional baring of fangs was not a surprise in 1898 or, frankly, today.



## Planets aplenty fill night sky

Tonight, an hour after sunset, look low in west-southwest for first-magnitude Spica 8 degrees lower left of the waxing crescent moon. This star will disappear into the twilight glow in September.

An hour before sunrise on Wednesday, binoculars help locate Mercury just 2.5 degrees lower right of Venus, low in east-northeast twilight glow. From then until Sept. 15, Mercury will stay within 3 degrees of Venus.

Tomorrow night, an hour after sunset, crescent moon is in west-southwest with Spica 7 degrees below. Jupiter is just rising 5 degrees south of east.

An hour before sunup next two mornings, very low in east-northeast. Mercury appears 2.3 degrees south (right) of Venus. Dim Mars appears 13 degrees upper right of the pair. Two additional planets are visible, bringing the total to all five naked-eye planets visible simultaneously! They are bright Jupiter in southwest, and Saturn high in south-southwest.

Thursday night, an hour before sunup on Friday, Venus and Mercury are still 2.3 degrees apart very low in east-northeast, their closest until they come even closer in September's second week. In the two weeks from now until then, all five naked-eye planets can be viewed simultaneously!

Friday night, with the moon near half full, this weekend is ideal for observing the moon with binoculars or a small telescope. Look for craters and other lunar surface features, especially near the moon's terminator (day-night boundary), where long shadows are cast.

An hour before sunrise on Saturday, Mercury has climbed higher than Venus, and appears 2.4 degrees to Venus' upper right. Look very low in east-northeast; binoculars give the best view.

Saturday, an hour after sunset, look in south-southwest to find Antares, heart of Scorpius, 10 degrees lower left of the half-illuminated moon. The Scorpion's head is marked by a vertical, slightly curved line of stars 4 to 7 degrees below the moon, which is at first quarter phase tonight.

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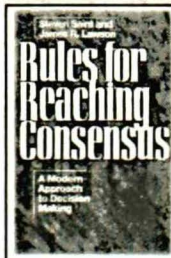
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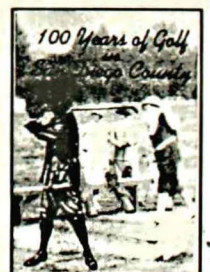
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# Food supplements recommended for 'fat' athletes

by Greg Eichelberger

The term "fat-burners" is not usually associated with athletes only because by the time a person engages in professional sports, no matter what level, they are assumed to already be in decent shape.

But that's not always the case. In fact, many experts agree that so-called fat-burning drugs should rarely be used to enhance athletic performance, and seldom are.

Instead, scientists are advocating the use of supplements which are absorbed into the body and regulate and/or enhance metabolism, the natural way of ridding the body of excess fat and carbohydrates.

"Getting in shape, or becoming physically fit, basically involves stimulating the enzymes that make these biochemical conversions from stored fuel (and useless fat) into usable energy," said Bill Fioretti, a biochemist with the Mannatech Corporation, a company that innovated glyconutritionals and other dietary supplements.

He noted that along with these enzymes is the increase in muscle mass to insure that the body can handle the physical demands of exercise.

He added that improving your physical performance level is achieved by continually putting increased demands on the body so that biochemically and physiologically the storage of fuels and the production of energy becomes as efficient as possible.

Despite the news of miracle cures and other wonder drugs, the basic concept

of losing weight is a regimen of exercise, eating right and controlling the body's metabolism.

Mannatech, and other dietary supplement firms, point out that the endocrine system, which controls the hormones and secretion thereof, holds sway over metabolism, or the body's ability to burn, or convert food into usable energy.

They point out that as we age, our metabolism slows down, and consequently, we tend to gain weight. It's not true with everyone, of course, but such is the case with most Americans, who are growing more and more obese.

According to these experts, a sedentary lifestyle, the ability to work from home and increased technological advances which preclude manual labor are also factors.

For any drug or vitamin supplement to work effectively, it must connect with enzymes which help speed up the metabolism. This must be accomplished on a molecular level, not just burn the fat and leave nothing in its place.

No athlete we interviewed said that they had used fat-burners, and one wrestler, who regularly had to drop a few pounds to make weight, claimed the

best way to lose was to abstain from food, not to take a pill, which, in the long run, could adversely affect his performance.

How dietary supplements, which trigger the metabolic system, played on martial artists was the subject of a recent article written by Michael DePasquale, Jr. in another publication.

The piece, which extensively quotes Dr. Dr. Bob Ward, director of Sports Science and Science Education and former trainer with the Dallas Cowboys (1976-1990), discussed how martial artists could benefit from a nutrient that allows the

body to utilize its maximum potential by converting fuel into energy, among other things.

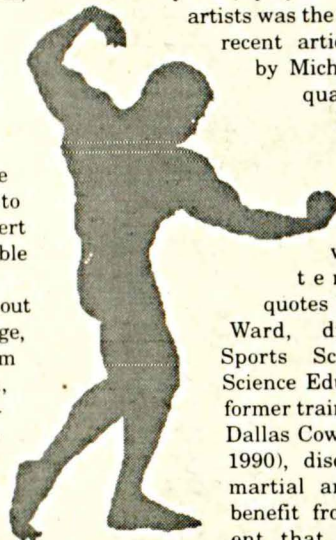
"One of the most important things, I would think,

in any sport that involves striking, is that you want to be able to hit harder and longer," said Dr. Ward.

He added that glyconutrition and metabolic supplements not only allow for quick and efficient conversion, but also act to turn the lactic acids which produce muscle fatigue, into an energy-producing element.

Ward commented that consequently, one can exercise longer, without becoming tired, which, in turn, allows a person to consume or burn more fat. Sports trainers call it "holding the peak" longer.

Many professional athletes, including women's basketball Hall-of-Famer, Nancy Lieberman-Cline; 12-time NBA All-Star, George "The Iceman" Gervin; and former Cowboys stars, Bob Lilly, Butch Johnson and Randy White, as well as the U.S. and Canadian Olympic track teams and the U.S. Olympic weightlifting squad, among others, testify to the importance of supplements which increase that peak.



## Sports/Rec Notes

### El Cajon flag football signups now open

Registration is now open for the the El Cajon Recreation Department's Youth Flag Football League.

Registration began yesterday for boys and girls born in the years 1985-1990 and will continue until Sept. 25 or until teams are filled. Walk-in registration takes place at Bostonia, Kennedy, Hillside and Renette Centers.

Three divisions will be offered: "A" - youth born 1985-86, "B" - youth born 1987-88, and "C" - youth born 1989-90.

The cost is \$24 (\$32 for nonresidents) and proof of age and residency is required.

Please sign up at the recreation center closest your home or school in order to balance participation throughout the league.

League practices and games will be held Sept. 21 - Nov. 20 with orientations scheduled the week of Sept. 14.

If parents are interested in their children's developing skills, building confidence and building positive memories of a youth sports team experience, then they will be interested in this program. For some information on this community-oriented sports program, contact recreation staff at 441-1670.

## BULGE

Continued from Page 1

the-counter asthma drug, for most of this century. When combined with caffeine or guarana, it is the strongest "natural" weight-loss supplement on the market.

**How it works:** Ephedrine and caffeine increase thermogenesis (heat production) in the body. They bind to receptor sites on fat cells and stimulate lipolysis (breakdown of fat for energy). Ephedrine also decreases lipogenesis (conversion of carbohydrates to fat).

**Dosage:** 300 mg of ephedra or ma huang; or 20 mg of ephedrine with 900 mg of guarana or 20 mg of ephedrine with 200 mg of caffeine 60 minutes before each meal.

**Safety:** There is a high rate of side effects when people start using these substances. Heat palpitations, trembling, sweating, nausea, hot flashes, chills and, in some cases, vomiting can occur. In most people these effects will subside after a few weeks of use.

Last year, these substances made news when

teenagers began taking large amounts and overdosed. When used as directed, ephedrine and ma huang are not recommended for people with cardiovascular disease, hypertension, angina, prostate disorders or thyroid problems.

**The last word:** Ma huang/ ephedra and guarana (ephedrine) will definitely stimulate weight loss, but may cause unpleasant side effects in many people.

### L-Carnitine

L-carnitine is a dipeptide manufactured in the liver from the amino acids, B vitamins and iron. Carnitine is an ingredient in almost every weight-loss formula you will find in the health food store.

**How it works:** Carnitine is required to transport fat into the mitochondria (the powerhouse of the cells) to be burned as energy.

**Dosage:** 1000 to 2000 mg per day divided with meals.

**Safety:** As a normal con-

stituent of human metabolism, carnitine is safe. Diarrhea has been reported in high doses.

**The last word:** There are no substantive studies that indicate the effectiveness of excess carnitine in the diet. If someone is not deficient in carnitine, there is no hard evidence that additional, or excessive carnitine will burn more fat.

If you are trying to lose weight, it is a good idea to be certain you have enough. In this case, if a little is good, a lot is not necessarily better.

### Chitin

Chitin is an aminopolysaccharide produced from shellfish. It is a nondigestible, nonabsorbable fiber.

**How it works:** Chitin, when taken with a meal, can bind to fat and prevent its absorption. All types of fiber can inhibit fat absorption to varying degrees. Chitin appears to bind more fat (10 times its weight) than any other kind of fiber.

**Dosage:** 1-2 grams with a high fat meal.

**Safety:** People who are allergic to shellfish and/or

seafood should not take chitin.

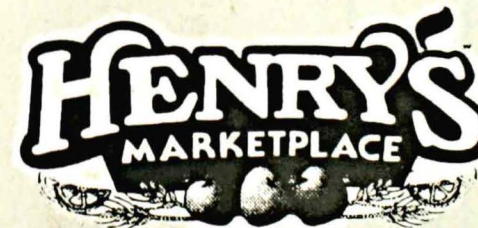
**The last word:** Chitin is best utilized with the occasional high-fat meal. Overeating of other sources of calories such as protein, carbohydrates and alcohol will not be absorbed and will be stored. Eating sensibly is still the key to weight loss and control.

If you think you can eat doughnuts and fries every day and escape all of their ill effects with a little chitin you are mistaken.

Whether or not you decide to take one or more of these substances to lean up, remember that the foundation of any program must include a strong emphasis on physical activity and calorie reduction.

Permanent weight loss cannot be accomplished without lifestyle changes, which include the types of foods you eat and the level of physical activity in which you engage.

Tuthill and Anderson are chiropractors with certification in nutrition.



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